



Cooking For Peace

Saturday, October 21, 2023

Veggie Fried Rice



Ingredients:

1. Basmati rice - 1 cup
2. Water to cook rice - 1 and 3/4 cup
3. Chopped veggies - purple cabbage, Red Bell peppers, freshly boiled sweet corn, green beans, carrots.
4. Salt to taste
5. Black pepper powder - 1 tsp
6. Red chili powder - 1 tsp
7. Cooking oil 1/4 cup

Process:

1. Wash raw basmati rice and add 1-3/4 cups of water.
2. Take a pressure pan and Cook rice up to 2 whistles. Set aside for cooling.
3. Heat cooking oil in a wide bottomed wok.
4. Add chopped veggies and turn on the heat to high flame and sauté the veggies for 3-5 mins by stirring to avoid burning. (Do not cover the pan).
5. Add salt, black pepper powder, red chili powder. Mix well.
6. Add cooked rice, mix well and serve hot.

Spiced Idli / Steamed Rice Cakes

Ingredients:

1. Black gram lentils, 1 cup
2. White rice, 2 cups
3. Fenugreek seeds, 1 tsp
4. Bengal gram lentil, 1 tbsp
5. Red pepper powder, 1tsp
6. Turmeric powder, ½ tsp
7. Salt, 1 tsp
8. 5 Curry leaves
9. Chopped cilantro, ¼ cup
10. Cooking oil, 2 tbsp
11. Mustard seeds, 1 tsp

Process:

1. Wash thoroughly - Bengal gram lentil, black gram lentils and fenugreek seeds and soak overnight or at least for 8 hours.
2. Separate the water, put the soaked ingredients into a grinder and grind into a smooth batter, adding little water as required.
3. Transfer the batter into a big bowl, add one tbsp of salt, and mix it well. Then, leave it for fermentation overnight or for 12 hours.
4. Put the fermented batter into idli molds, then steam it for 15 minutes in a pressure cooker without whistle.
5. Set the pressure cooker aside and let it cool down completely
6. Take the steamed rice cakes from the molds and cut each one into 4 pieces.
7. In a wok, heat 2 tbsp of cooking oil, add mustard seeds, let them splutter.
8. Add red pepper powder and curry leaves, then mix for 2 seconds and drop the cut rice cakes in. Add one tsp of salt.
9. Garnish with chopped cilantro

Tomato-Basil Sauce

Ingredients:

1. Roma tomatoes, 5
2. Basil leaves, 2 fist full (about 25 large leaves)
3. Whole red chills, 4
4. Gram lentil, 3 tbsp
5. Oil (canola or vegetable oil), 4 tbsp
6. Cumin seeds, 1 tsp
7. Asafetida, $\frac{1}{4}$ tsp
8. Salt, $\frac{1}{2}$ tbsp
9. Curry leave, 5

Process:

1. Heat 2 tbsp of oil in a pan. Add 3 tbsp of gram lentil and fry them till golden brown.
2. Add whole red chili pieces and fry for 2-3 seconds
3. Add chopped tomatoes and add salt to taste and mix well.
4. Cook on medium flame till they turn soft / mushy
5. Add basil leaves and mix well. Cook for another 5-7 min and swich off and cook it.
6. Take a blender and add the tomato basil mixture and pulse grind it till it becomes a coarse paste.
7. Transfer the blended sauce into a serving container.
8. Take a small pan and heat 2 tbsp of oil. Add mustard seeds and cumin seeds and wait for them to splutter.
9. Add $\frac{1}{4}$ tsp of asafetida and mix well and fry for 30 seconds by sautéing with a spoon. Add curry leaves and fry for 5 seconds.
10. Add the contents of this small pan on top of the sauce and mix well.
11. Serve with steamed and spiced rice cakes with this sauce.

Vegan Carrot Halwa



Ingredients:

1. Grated Carrots (fine side of the grater) - 4 cups
2. Grated beetroot - 1/3 cup or 4 tbsp
3. Coconut milk - 1 cup
4. Sugar - 1 cup
5. Chopped and roasted nuts - cashews, raisins, almonds, pistachios - 3 tbsp
6. Cardamom powder - 1 tsp
7. Cooking Oil - 2 tbsp
8. Raw cashews - ground coarsely - 2 tbsp

Process:

1. Dry roast chopped nuts and set aside. (Alternatively, fry chopped nuts in clarified butter)
2. Heat oil in a pan. Add grated carrot and grated beetroot. Cook on medium flame for 5-7 mins by stirring intermittently.
3. Add coarsely ground raw cashew powder and mix well. (this absorbs any leftover moisture in carrot). Cook for another 3 mins.
4. Add sugar and cardamom powder and mix well.
5. Add coconut milk and mix well.
6. Cook on low flame till the mixture gets cooked and milk fully evaporates.
7. Switch off the flame and add chopped roasted nuts.
8. Serve hot or chilled.

High Protein Chickpea Salad

Ingredients:

1. Chickpeas (unsalted) - 540ml can
2. Olive oil - 2 tbsp
3. Red paprika powder - 2 tsp
4. Ground roasted cumin powder - 1 tsp
5. Salt to taste
6. Dried oregano - 1 tsp
7. Cayenne pepper powder-1/8 tsp (optional)

Ingredients for salad dressing:

1. Olive oil - 3 tbsps
2. Lemon or lime juice - 2 tbsps
3. Maple syrup - 1 tbsp (or sugar 2 tsp)
4. Salt to taste (or 1/2 tsp)
5. Freshly ground black pepper - 1/2 tsp

High Protein Chickpea Salad



Veggies for salad:

1. Chopped cucumbers - 1 cup
2. Chopped tomatoes - 2 cup
3. Chopped red ball pepper - 1 cup
4. Grated carrot - 1/2 cup
5. Finely chopped cilantro

Process:

1. Drain the chickpeas and set aside
2. Heat oil in a pan and add the chickpeas
3. Add all dry spices & salt and mix well.
4. Cook on medium flame till the chickpeas are cooked well with all the spices (about 4- 5 mins). Keep stirring to avoid burning of spices. Take it into a bowl and set aside.
5. Make the salad dressing by adding the above mentioned salad dressing ingredients to a bowl. Mix well and set aside.
6. Take a big mixing bowl. Add chopped cucumbers, tomatoes, red bell pepper, cilantro, grated carrot. Add salad dressing and spiced chickpeas.
7. Mix well till all the contents are blended well and serve.